

FCS NEWS & NOTES

MAIN TOPIC

National School Breakfast? What is it?

Breakfast is the most important meal of the day. Students across the country enjoy breakfast at school every Monday through Friday throughout the school year. One program that helps support feeding children breakfast in schools is The National School Breakfast Program (NSBP). NSBP is a federal program used in schools to help children in qualifying low-income households. Since its creation in 1966, NSBP has served billions of free breakfasts to students in the United States. The NSBP follows specific guidelines to serve nutritious balanced meals to students. These guidelines require that schools serve fruits, grains, and milk with every meal.

Eating breakfast has many benefits for school-aged children. Starting your day with breakfast can help improve focus, memory, mood, and problem-solving abilities. Many breakfast foods also have lots of fiber. Fiber is a nutrient that helps digestive health. You find fiber in breakfast foods



like fruit and whole-grain cereals and breads. Milk is a great source of calcium. Calcium is a mineral that helps keep bones strong and healthy.

National School Breakfast Week's job is to spread the word about NSBP. The week raises awareness about the importance of the program. This awareness helps the program grow and tells families who qualify how to enroll their children. From the beginning of National School Breakfast week, enrollment has reached 90,000 schools across the

United States and 14.6 million students. Getting involved during National School Breakfast week can help raise awareness in your community. Donating to charities that help feed others, volunteering at local foodbanks, and spreading the word about the NSBP are a few ways you can get involved. **National School Breakfast Week starts March 6.**

Contact your school district to find out if it participates in NSBP, and visit www.fns.usda.gov/sbp/sbp-fact-sheet to find out who is eligible to enroll in NSBP.

References:

- United States Department of Agriculture. (2017, November 20). SBP fact sheet School Breakfast Program. <https://www.fns.usda.gov/sbp/sbp-fact-sheet>
- United States Department of Agriculture. (2020, November). Make breakfast first class. School Breakfast Program. <https://www.fns.usda.gov/sbp/make-breakfast-first-class>

Source: Lauren Ginter, master's student in Department of Dietetics and Human Nutrition, and Courtney Luecking, Extension Specialist for Nutrition and Health



HEALTHY RECIPE

Open “Faced” Sandwiches

- 1 slice of whole-wheat bread or half a bagel
- 2 tablespoons peanut butter, hummus, or reduced-fat cream cheese
- Assorted sliced and shredded fruits, vegetables, raisins, yogurt-covered raisins, pretzels, sunflower seeds

1. Toast bread or bagel if desired.
2. Spread peanut butter, hummus, or cream cheese in a thin layer on the bread.
3. Use fruits, vegetables, etc., to create fun faces. The picture shows examples, but you can choose others to fit your holiday or lesson theme.

Yield: 1 serving
Serving Size: 1 sandwich
Recipe Cost: \$1.08

Nutrition facts per serving:
150 calories; 4g total fat; 1.5g saturated fat; 0g trans fat; 10mg cholesterol; 160mg sodium; 26g total carbohydrate; 2g dietary fiber; 9g total sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source: Eat Smart to Play Hard: Stephanie Derifield, Area Nutrition Agent, University of Kentucky Cooperative Extension Service



KEHA Updates

Several Kentucky Extension Homemaker Association (KEHA) deadlines are coming up in April. Don't miss out!

State board elections

Send KEHA State Board election credentials by certified mail. They must be postmarked by **April 8**. Credentials will be sought for a total of six positions to be elected in May 2023:

- First Vice President (Program)
- Treasurer
- Environment, Housing, and Energy Chair
- Food, Nutrition, and Health Chair
- Leadership Development Chair
- Marketing and Publicity Chair

All will serve from July 1, 2023, to June 30, 2026. Credentials include

the nomination form for the position — [Appendix pages 6-7](#) for state chair candidates; [Appendix pages 8-9](#) for state officer candidates; and treasurer candidates also need to complete [Appendix page 10](#). For more information, also review the qualifications listed on [page 12 of the Handbook](#) and the job descriptions on the KEHA website in the [“State Board” section](#). Encourage qualified candidates to apply!

KEHA state meeting

Details were shared in the February State Newsletter, which includes the registration form. The postmark deadline for the discounted early registration fee is **April 10** — this



is also the deadline for group-rate lodging rooms at the Crowne Plaza in Louisville. The final meeting registration postmark deadline is **April 24**. The KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. Because of rising prices, the registration pricing structure for 2023 has changed. Find details for planning on the [State Meeting webpage](#).



Attention motivated job seekers!

Meet, connect, share, and learn: **Job Club Kentucky is FREE and open to the public.** Meetings take place 9 a.m. to 10:15 a.m. every month on the 2nd and 4th Tuesdays. Business attire is encouraged. Recruiters and employers are always welcome.

March 14, 2023, 9-10:15 a.m.

Topic: Community Resources for Active Job Seekers

This session will feature a panel of job search support services from across the state of Kentucky. Use this opportunity to learn about resources that may support your unique job search needs.

Panelists include representatives from UK Alumni Career Services, Lexington Public Library, KY Career Center, Kentucky Office of Vocational Rehabilitation, Goodwill Industries of Kentucky

March 28, 2023, 9-10:15 a.m.

Topic: Job Applications 101

Many organizations still require candidates to complete an application in addition to a resume. Attend this session for best practices on completing a thorough application to help you move along in the applicant tracking system.

Presented by Nicole Waite, HR Employment Specialist, UK

**FREE
and open
to the public!**

Ways to attend

In-person:

Fayette County Extension Office,
1140 Harry Sykes Way, Lexington

Online:

- Register for the Zoom webinar: tinyurl.com/JobClubKY
- Facebook.com/FayetteCoFCS



LOCAL EVENTS

BIG BLUE BOOK CLUB



March 2, 9, 16, and 23

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*.

This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10 a.m. ET/9 a.m. CT.

Register at:

<https://ukfcs.net/BBBC23Book1>

Connect with us!



FCS.uky.edu



Facebook.com/UKFCSExt



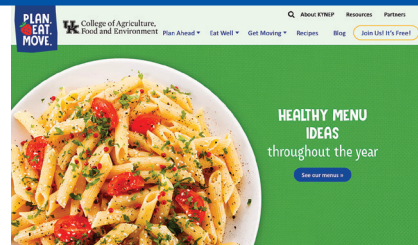
Instagram.com/UKFCSExt



UKFCSExt.podbean.com



YouTube.com/UKFCSExtension



Feeling better happens one small step at a time.

We know, because that's what we've done – and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit PlanEatMove.com/free-classes to learn more.



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Cooperative Extension Service

Cooking Through the Calendar

Recipes: Rainbow Pasta Salad, Easy Tortilla Breakfast
Pizza, Blueberry Cheese Cake Bars
Skillet Pork Chops w/ Peaches and many more!!!

Where: Casey County Senior Center

When: Every Wednesday 12-2pm

You do not have to be a member to
attend these FREE Classes!!!

Come join us

Kindra Michka, Nutrition Education Program Assistant
Casey County Cooperative Extension Office 606-787-7384



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Agriculture and Natural Resources



Cold-Frame Gardening Workshop

March 6th at 5:00pm

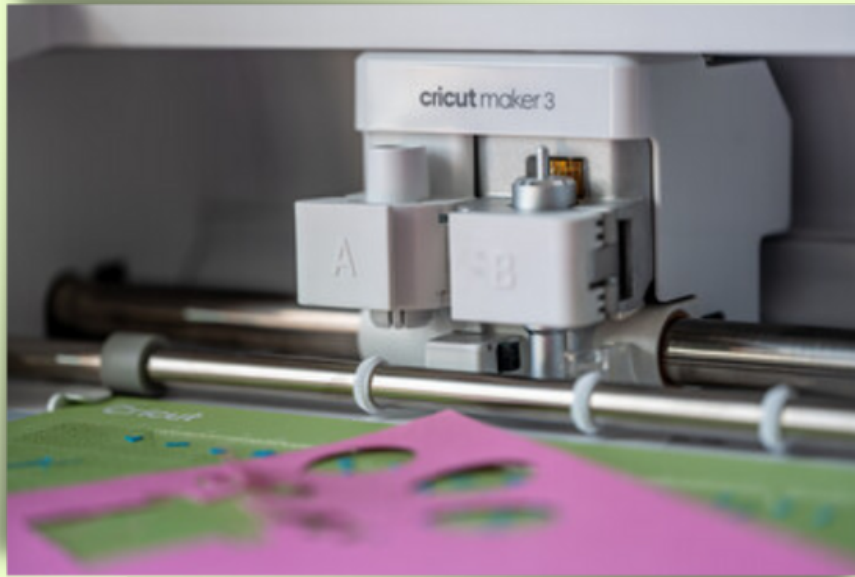
Casey County Extension Office
Educational Building

Looking to get an early start
on your growing season but
don't have a greenhouse?
Join us to learn about cold-
frame gardening and how it
may work for you!

Call 606-787-7384 to register.

Basic Cricut Classes with Cricut Design Space

Thursday, March 9th: 10 AM & 2 PM CT



Got a Cricut Maker or an Air 2? Need help learning how to use your Cricut? This class is for you!

- Basic Computer Knowledge is Necessary
- If You Have a Cricut, Please Bring It
- Call 270-866-4477 By Monday, March 6th to Register (Space is limited)!

STEPPING UP

RAISING OUR LOVED ONES



These educational sessions are for any parents/guardians who are raising their grandchildren, nieces/nephews, family members or are involved with foster care.

Discussions will focus on:

- community resources
- child development
- individual differences
- addressing high risk behaviors
- legal issues

AND MORE!

MARCH 22ND

APRIL 12TH

MAY 17TH

Meetings will be held at 1:00pm at the Casey County Extension Education Building. Please call 606-787-7384 if you are interested in attending and/or receiving more information.



Homebased Microprocessing Workshop



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

For more information & to register:
ukfcs.net/HBM

or call

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.
Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.
The cost of the workshop is
\$50.00.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.